

Individual Self-Care Ideas

Self-Care is something that makes **YOU** feel good

- **Listen to music**

- Take a break from social media for a bit. ...
- Play games on your phone
- Get a plant. ...
- Sleep well. ...
- Exercise or do yoga. Give yourself a healthy routine
- Color in an adult coloring book (or even a kids' coloring book)
- Play with your pet
- Do nothing at all...Yes do nothing

- **Go for a walk**

- Write daily I am statements/Encourage yourself

- **Take an extra-long bath or shower**

- **Binge watch your favorite show/Read a book**

- Catch up on family by having a real conversation instead of texting
- Order in with your favorite beverage
- Prepare a meal

- **Write in your accomplishment book/This is not a journal**

- Go out and treat yourself

MOTIVATIONAL QUOTES

- Work hard be kind, and amazing things will happen.
- The beautiful thing about learning is that no one can take it away from you.
- Nobody's perfect that's why pencils have erasers!
- You are capable of more than you know.
- It doesn't matter what others are doing it's matter what you are doing.
- Mistakes are proof that you are trying
- Encourage yourself, believe in yourself, and love yourself. Never doubt who you are.
- It's not going to be easy, but it's going to be worth it.

Self-Care for Educators: 7 Tips

1. Start your day with something positive.

Create a **positive morning ritual**, even if it means waking up 15 minutes earlier than usual. Write in a journal, meditate, stretch, or exercise, or read a chapter in a good book while sipping your morning coffee. Listen to some of your favorite songs and sing or dance along. Cuddle with your dog. Take a walk, say a prayer if you're religious. Whatever lifts your spirits and sets the tone for a positive and productive day.

2. Practice healthy habits.

Healthy habits include drinking enough water, eating balanced meals, getting plenty of sleep, and exercising. **When you feel good physically, you also feel better mentally.**

3. Make time for activities that soothe your stress.

Find stress-relieving activities that work for you. What helps you feel calm, happy, and at peace? These might include taking deep breaths, listening to music, squeezing a stress ball, writing in a gratitude journal, painting, etc. . **Pay attention to what triggers your stress.**

4. Take breaks.

As educators your day is exhaustingly social. Take 10-15 minutes to decompress at the end of the school day or during your planning period. Sit quietly and reflect or do a favorite stress-relieving activity.

If you are able to **complete a 2–5-minute mindfulness**, that would be great. Just remember that you don't always need to rush to answer the next email or plan the next lesson.

5. Have reasonable expectations for yourself.

Teachers want to fix every problem for their students, take away their hardships, and change the world. When this isn't possible by the time the bell rings, they feel a sense of failure. Remember, even **teachers are only human. Be kind to yourself** by setting reasonable expectations.

6. Set boundaries.

Please understand beloved... **It is ok to say "no" sometimes.** You simply can't do everything for everyone, even if you'd like to. Don't try to volunteer at every school event, attend every game, or serve on every committee. A valuable boundary is to leave your work where it belongs **at work.**

7. Ask for help.

Create a strong support system both in and out of school, and don't be afraid to reach out when you have a hard time. After all, you aren't asking for anything you wouldn't happily give! In addition, take time off when you need it. **Your students will be OK** for one day, and you'll return feeling refreshed, recharged, and ready to offer love and patience to all.